



Lunch Menu, October 2025

Manners Goal : Let's hold our dishes correctly.

Principal Tetsuro Kawahara

Nutritional Goal : Let's learn about main and side dishes.

School Nutritionist Ayako Koide

Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g
1	W	Tokyo Citizens' Day							
2	Th	Rice	○		rice			595	20.3
		Chinese Tofu and Kinoko Soup		tofu		ginger, shimeji, shitake, enoki mushroom	chicken broth, sake, salt, pepper, soy sauce		
		Fried Spring roll		pork	cooking oil, Spring roll wrapper, vermicelli, starch, sesame oil	ginger, scallion, bamboo shoots, dried shitake, Chinese chive	sake, salt, pepper, soy sauce		
		Bean Sprout and Komatsuna Namul			sesame oil	komatsuna, carrot, bean sprouts	soy sauce		
3	F	Grilled Sardine Rice Bowl	○	sardine	rice, cooking oil, starch, (light brown) sugar	ginger	sake, soy sauce, mirin	661	26.1
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
		Sesame-Seasoned Cabbage			(light brown) sugar, white sesame seeds	spinach, cabbage	soy sauce		
		Orange Jelly		agar powder(kanten)	(white) sugar	orange juice, Canned summer mandarin			
6	M	Fukiyose Rice	○		rice, chestnut, (light brown) sugar	bamboo shoots, dried shitake, shimeji, carrot	sake, soy sauce, kelp stock, salt, bonito flake stock	591	18.6
		Seasonal Clear Soup		steamed fish paste		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Jakko Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake		
		Two-Colored Azuki Dango		Azuki Bean	rice flour, (light brown) sugar	pumpkin	salt		
7	Tu	chicken cutlet bowl	○	chicken, egg	rice, (light brown) sugar, cooking oil, wheat flour, panko	onion, mitsuba (Japanese honeywort)	bonito flake stock, mirin, salt, soy sauce, pepper	670	30.3
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
		Cabbage and Cucumber with Yukari				cucumber, cabbage	salt, yukari shiso (red perilla)		
		Fruit (satsuma orange)				satsuma orange			
8	W	Let's Enjoy Local Cuisine! ☆Nagasaki Prefecture☆							
		Nagasaki Champon	○	pork, naruto	Chinese noodles, cooking oil, sesame oil, (light brown) sugar	scallion, carrot, bean sprouts, cabbage, ginger	sake, salt, pepper, low salt soy sauce, chicken broth, Worcestershire sauce	530	23.9
		Japanese Daikon and Hijiki Salad		hijiki(seaweed)	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	soy sauce, vinegar, salt, pepper		
		Fruit (Persimmon)				persimmon			
9	Th	Barley Rice	○		rice, barley			561	24.0
		Miso Soup with Daikon and Komatsuna		fried tofu, miso		daikon, komatsuna, scallion	bonito flake stock		
		Grilled Mackerel with Green Onion Sauce		mackerel	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar		
		Marinated Vegetable			(white) sugar	carrot, cabbage, bean sprouts, cucumber, lemon	soy sauce, vinegar		
10	F	Gratin Bread	○	chicken, milk, cheese	bread, cooking oil, wheat flour	carrot, onion, mushroom	salt, pepper, bay leaf powder	560	24.6
		Paprika Salad			cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper		
		Blueberry Yogurt		yogurt	(white) sugar	blueberry jam, blueberry	red wine		
13	M	Sports Day							
14	Tu	Rice	○		rice			655	21.0
		Kenchin Soup		tofu	cooking oil, sesame oil, taro	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Potato Croquette		pork	cooking oil, potatoes, wheat flour, panko	onion	salt, pepper, Worcestershire sauce (semi-thick)		
		Cabbage Salad			cooking oil	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
15	W	Saucy Yakisoba	○	pork	cooking oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	salt, pepper, sake, Worcestershire sauce, Worcestershire sauce (semi-thick)	652	21.0
		Jakko Salad		wakame (seaweed), chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	vinegar, salt, soy sauce, pepper, sake		
		Donut		milk	cooking oil, wheat flour, (white) sugar, granulated sugar		baking powder		

Don't forget to prepare ♪

All students have to wear a mask during lunch preparation.

This is not just for hygienic reasons, but also to prevent infection.

Please prepare a new mask together with a cleaned lunch mat every day.

Please keep 2 to 3 extra masks in their randoseru or backpack as extras.

Thank you for your understanding.



School Lunch Fees ♪

School lunch fees are paid for by Minato City.

Although there is no cost to families, in an effort to decrease food waste, we ask that those who plan to be absent for an extended period notify the school of the length of the absence via an absence form. This will allow us to adjust the amount of food ordered and prepared. Please be sure to notify us of any changes in the length of your absence.

